

Hamburger Casserole 25rev

Number of Servings: 25 (283.46 g per serving)

Amount	Measure	Ingredient
2 1/2	cup	Rice, brown, med grain, dry
2 1/2	qt	Water, tap, municipal
5.00	lb	Beef, ground, hamburger, pan browned, 10% fat
25.00	oz	Soup, cream of mushroom, cond, cnd
7 1/2	Tbs	Sauce, soy, light
5.00	Tbs	Sugar, brown, packed
2 1/2	lb	Snap Beans, green, all types, fzn
2 1/2	cup	Celery, fresh, diced
2 1/2	cup	Onion, white, fresh, chpd

Nutrients per serving

Nutrition Facts			
Serving Size (283g)			
Servings Per Container			
Amount Per Serving			
Calories 270		Calories from Fat 80	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	420mg		18%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		12%
Sugars	6g		
Protein 21g			
Vitamin A 6%		Vitamin C 10%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Brown lean ground beef in pan; add chopped onion and diced celery and rice. Add water and bring to a boil. Turn off heat and add mushroom soup, frozen green beans, brown sugar and soy sauce. Mix well, cover pan(s) with foil and place in oven preheated to 350 degrees. Bake for 2 hours or until rice is done. For larger quantities Bake at 400 degrees.

Serve 1 cup/serving = 1 1/2 carb serving

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Serve 1 cup serving (2 #8 scoops OR 1 8 oz ladle

1 serving = 1 1/2 carb serving

(includes grain, meat and vegetable serving)

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